Stanford Caregiver Center and Stanford’s Health Education, Engagement and Promotion Program

Present:

**Webinar:**

**Caregiving During COVID 19**

**Presenters:**

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**Date:** Thursday, June 25th
**Time:** 10:00am-11:00am
**Register here:**
https://stanford.zoom.us/webinar/register/WN_yYZ7b5rQUemXAGS2-Y3wg

**Caregiving During COVID 19**

At this webinar, we will be talking about ways to:
- Encourage and foster **connection**
- Recognize and focus on what we can **control**
- Learn and practice ways to **cope**
- And who to **contact** with questions.

The Stanford Caregiver Center is here for you. You are not alone.

Visit us at: https://healthlibrary.stanford.edu/caregiver-center.html